

Taking Care: Why We Wear Masks

A letter to our fellow MRC members:

What brought you to the health profession? If you are like most in the health profession, you came here to help others and make a positive difference in the lives that you enter. Most people naturally feel called to help others, but need additional training to be as helpful as possible. Each health profession includes ethics training to make sure that we are all helping others in the most responsible way, so lies the concept of **non-maleficence**, commonly known as “**first, do no harm**” or the Hippocratic oath.

As health care providers & MRC members we must continue to put non-maleficence as a top priority. COVID-19 has brought the unfortunate reality of a shared public health threat: who does or does not currently have the virus? With so many unknowns, including how long our bodies shed the virus after being exposed, we continue to have the same ethical responsibility to “first, do no harm”. One of the simplest ways to fulfill our

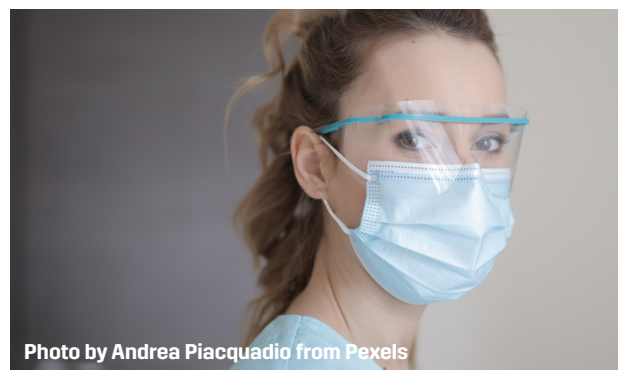


Photo by Andrea Piacquadio from Pexels

ethical responsibility in the time of COVID-19 is to **wear a face mask**; therefore, we are protecting others from being exposed to our germs and protecting others from potential harm.

When wearing face masks as health professionals & MRC members, we are **setting the norm** and **leading by example** to put public health first, even though it may be uncomfortable at times. We are advocating for public health, leading by doing, and practicing what we preach. **We are also adhering to our ethical duty of protecting others from harm.**




Thank you for your passion and commitment to helping others and fulfilling your moral obligation to society.


Thank you for promoting public health and safety by wearing a face mask.

MASK UP VIRGINIA

Help reduce the risk of transmission

- Starting Friday, May 29, any person age 10 or older must wear a face covering at all times while entering, exiting, traveling through, and spending time in indoor public settings.
- A face covering includes anything that covers your nose and mouth, such as a mask, scarf, or bandana.
- Wearing a face covering does not take the place of other public health precautions like maintaining six feet of physical distance between yourself and others, and proper sanitation and personal hygiene.





VIRGINIA'S HEALTH IS IN YOUR HANDS.
Do your part, stop the spread.

[Mask Up Virginia »](#)

[DIY No-Sew Mask »](#)

[Ballad Health Handmade Mask Resources »](#)

[Stay up-to-date with VDH »](#)

If you have questions or concerns about the face covering Executive Order, call 1-877-ASK-VDH3. Please do NOT call your local health department.